



## OVER 70 PRINTABLE CHORE CARDS

Chore cards are an easy way to motivate your kid to start and keep doing household chores



How to use the cards

1. Print the cards and cut along the lines
  2. Put the cards in a container where your child can reach them.
  3. If your kids ages vary widely, separate the cards and place them in different containers.
  4. Ask your kids to pick a chore. If they are just starting off with chores, you can ask them to pick one chore for the day.
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As your kids grow more accustomed to doing chores, you can set up a family approach where each child gets to choose a certain number of chores per day/per week depending on his/her age.

For instance:

**Under 3 = 1 card per day**

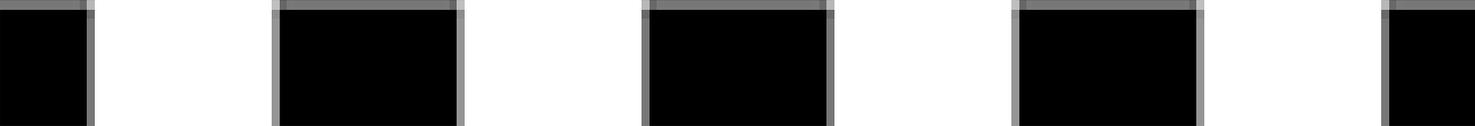
**3-to-5 year olds = 2 cards per day**

**6-to-9 year olds = 3 cards per day**



Depending on how they complete the chores, decide together on the number of tasks per day they can do and whether or not they have more task on the weekend or during holidays.

Assigning your kids chores is only one of the many ways of raising them to be happy and confident adults. For more practical examples of how to use chores with kids and many other resources to foster your child's autonomy, growth mindset and critical thinking skills, check out my workbook [“This is what it takes to raise a happy and confident adult”](#).





Put diaper in trash can



Dust coffee table



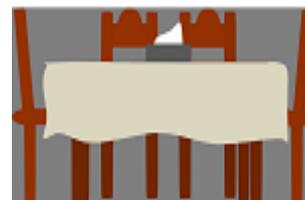
Put toys in toy bin



Dust chairs in living room



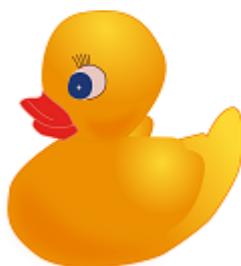
Put books in shelf



Dust dining table



Put dirty clothes  
in hamper



Put bath toys in bin



Dust shelf



Dust bedside tables



Set table



Clear table



Choose outfit and  
get dressed



Water plants



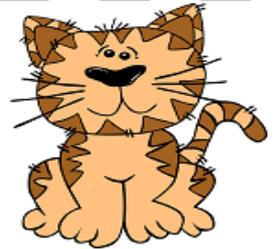
Empty wastebasket



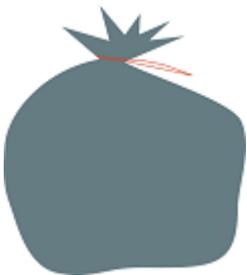
Get breakfast



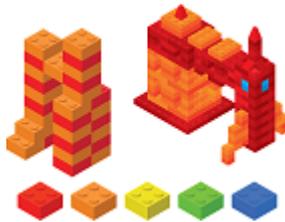
Peel and chop soft  
fruits and vegetables



Feed cat



Take out small trash bag



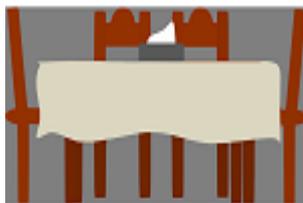
Put legos into  
bin/container



Clean kitchen counter  
with a wet cloth



Match socks



Clean dining table  
with a wet cloth



Shower  
(minimal supervision)



Make bed  
(minimal supervision)



Weed



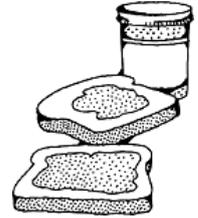
Fold clothes



Unload dishwasher



Wipe kitchen sink



Spread butter/  
jam on bread



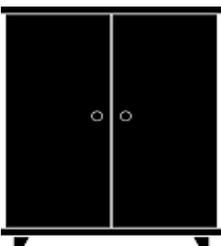
Brush pet



Put away own laundry



Wipe window  
sills



Tidy wardrobe



Tidy bedroom



Wipe cabinets



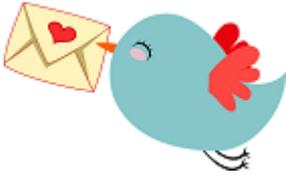
Make bed  
(without supervision)



Wipe windows



Mop kitchen floor



Bring in mail



Pack lunch



Vacuum living room



Sweep living room  
floor



Clean bathroom sink



Take out trash



Vacuum under bed



Rake leaves



Make sandwiches

9 and above



Clean bath tub



Wash windows



Mop bedroom



Clean dishes



Clean toilet



Vacuum bedroom



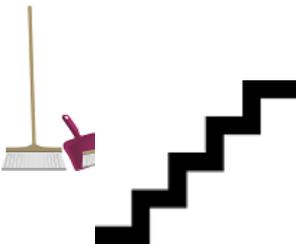
Vacuum living room



Mow lawn



Clean bathroom mirror



Sweep stairs



Walk pet



Prepare an easy meal

Additional chores



Wash dog



Babysit



Clean shower



Dust on top of the wardrobe



Vacuum carpet



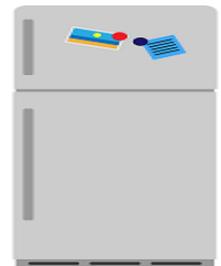
Clean microwave



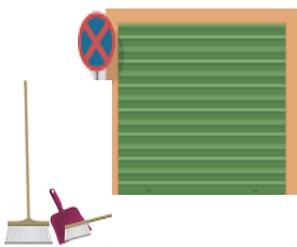
Put away groceries



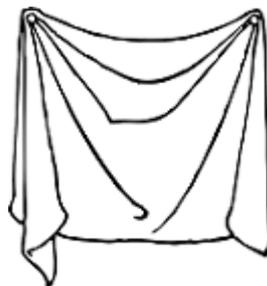
Wash car



Clean fridge



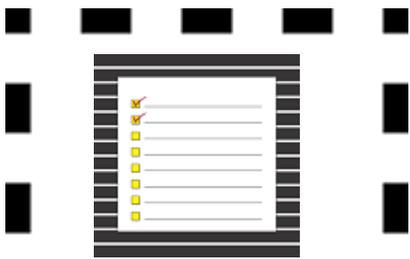
Sweep garage



Change sheets



Pick up trash in the yard



Chore of your choice



Chore of your choice



Chore of your choice

